



SUSTAINABILITY

ARTICLE WRITTEN BY SUE SONG

Sustainability in Australian Chiropractic: A Path Forward

Sustainability has emerged as a critical consideration in various industries worldwide, and chiropractic care in Australia is no exception. As healthcare systems grapple with the dual challenges of environmental responsibility and providing effective care, the chiropractic profession in Australia is increasingly recognising the importance of integrating sustainable practices. This article explores the current state of sustainability within the chiropractic sector, the efforts being made to enhance environmental stewardship, and the future directions for a greener practice.

Understanding Sustainability in Healthcare

Sustainability in healthcare involves adopting practices that meet the needs of the present without compromising the ability of future generations to meet their own needs. It encompasses environmental, economic, and social dimensions. For chiropractic practices, this means reducing their carbon footprint, managing resources efficiently, and ensuring that care delivery is socially responsible and economically viable.

Environmental Impact of Chiropractic Practices

Chiropractic clinics, like other healthcare facilities, have an environmental impact through their use of energy, water, and materials, as well as their generation of waste. Key areas of concern include:

- 1. Energy Consumption:** The energy used to power clinics, including lighting, heating, cooling, and electronic devices.
- 2. Waste Management:** Disposal of medical supplies, office materials, and electronic waste.
- 3. Water Usage:** The water used in clinic operations, including patient care and sanitation.
- 4. Supply Chain:** The sourcing of products, from office supplies to medical equipment, which involves transportation and packaging that contribute to carbon emissions.

Steps Toward Sustainable Chiropractic Practices

Many chiropractic clinics in Australia are beginning to adopt more sustainable practices. These steps include:

- 1. Energy Efficiency:** Clinics are investing in energy-efficient lighting, heating, and cooling systems. Some are also adopting renewable energy sources such as solar panels to reduce reliance on fossil fuels.



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2. Waste Reduction: Implementing comprehensive recycling programs, reducing the use of disposable items, and opting for digital records over paper can significantly decrease waste. Some clinics are also exploring the use of biodegradable or reusable products.

3. Water Conservation: Installing water-saving fixtures and promoting water-efficient practices within the clinic can help reduce water usage.

4. Sustainable Sourcing: Choosing suppliers that prioritize sustainability and ethical practices ensures that the products used in clinics have a lower environmental impact.

Case Studies of Sustainable Practices in Australian Chiropractic

Several Australian chiropractic clinics have set exemplary standards in sustainability:

- **Inner West Chiropractic in Sydney:** This clinic has adopted a holistic approach to sustainability by installing solar panels, using energy-efficient appliances, and committing to a zero-waste policy. They also use biodegradable cleaning products and have a comprehensive recycling program.
- **Chiropractic Life in Adelaide:** This clinic focuses on reducing its carbon footprint through digital transformation. By minimizing paper usage and embracing telehealth solutions, they have significantly cut down on waste and energy consumption.
- **Coast Chiropractic Kawana in Queensland:** This clinic emphasizes the use of eco-friendly products and has implemented a robust waste segregation system. They also engage in community outreach programs to educate patients about environmental responsibility.

The Future of Sustainability in Chiropractic

The future of sustainability in Australian chiropractic looks promising as more clinics embrace environmentally responsible practices. The following trends are likely to shape the industry:

- **Technology Integration:** Advances in technology will continue to provide new tools for reducing environmental impact, from energy-efficient devices to telehealth platforms.
- **Collaborative Efforts:** Increased collaboration between chiropractic clinics, professional bodies, and government agencies will drive more comprehensive and impactful sustainability initiatives.
- **Education and Training:** Ongoing education and training will ensure that current and future chiropractors are well-equipped to implement and advocate for sustainable practices.

Conclusion

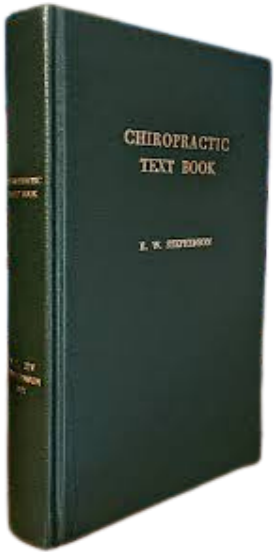
Sustainability in Australian chiropractic is not just a trend but a necessity for the future. By adopting sustainable practices, chiropractic clinics can reduce their environmental impact, improve operational efficiency, and enhance patient trust. As the profession continues to evolve, a commitment to sustainability will be crucial in ensuring that chiropractic care remains both effective and responsible. Through collective effort and ongoing innovation, Australian chiropractors can lead the way in creating a healthier, more sustainable world.

- Sue



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The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called “The Chiropractic Textbook”. Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.



Here’s to a greater understanding of life and health.

Chiropractic Principle #18

Evidence of Life.

The signs of life are evidence of the Intelligence of life.

In Other Words...

How do you know when something has “life”? When it displays the signs of life: assimilation, excretion, adaptability, growth, and reproduction. The **chief purpose** of these signs is to **adapt your body to stress**. They’re **manifestations** of your body’s Intelligence, as it constantly evaluates your state of being.

For Instance...

How do you know by looking at a tree whether it’s alive, or plastic?! On a **windy** day, a tree with life will sway **just enough**, so it does not break against the wind’s force. The **swaying is a sign of life**, because it adapts the tree to the wind; it’s the tree’s Intelligence, keeping it alive.

As Applied To You...

What would happen if you were unable to **excrete waste** from your body? You would eventually suffocate within your own toxins. Doesn’t sound too good! Excretion is a manifestation of your body’s Intelligence, responding to what you consume. It **adapts** your body, keeping you alive.

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH
Tapioca Pudding and Pan-fried Bananas

The crisp mornings and cool nights of June have arrived and so has the appetite for something warm and delicious.

Ingredients

- 2 cups tapioca pearls
- 2 litres water, plus extra 2 Tbsp
- 300ml coconut milk
- 6 pandan leaves, washed and tied into 2 loose knots, plus extra, to serve
- Sea-salt flakes, to season
- 200g dark palm sugar, shaved
- 2 small semi-ripe bananas
- 2 Tbsp caster sugar
- 1 Tbsp coconut oil or butter

Directions

- Put tapioca in a sieve and wash under cold running water for 10-15 seconds to wash off excess starch.
- Bring water to boil in a large saucepan on high heat. Add tapioca, stirring constantly. Reduce heat to medium, cook, stirring constantly for 5-10 minutes, adding more water if necessary, until water is starchy and tapioca is nearly translucent.
- In a sieve, rinse tapioca in small batches, under cold running water for about 30 seconds, stirring pearls with a wooden spoon, until water is clear. Transfer to a large bowl. Refrigerate for 2 1/2 hours, or until cold.
- Meanwhile in a small saucepan, bring coconut milk and 1 pandan leaf knot to a simmer on medium heat. Remove from heat. Season with salt. Transfer to a bowl and refrigerate for 2 hours until cold. Remove leaf.



- In a small saucepan, melt palm sugar and remaining pandan with extra water on low heat. Cook for 2-3 minutes until syrupy. Remove from heat. Season with salt. Set aside to cool slightly. Remove pandan.
- Slice bananas diagonally into 1cm slices, sprinkle both sides with sugar.
- Heat coconut oil in a non-stick frying pan on medium. Cook banana for 2-3 minutes each side until golden.
- Divide tapioca between serving glasses and top with infused coconut milk, syrup and banana. Decorate with extra pandan leaf (remove leaf before eating).

This recipe is on tonight's menu for a team member
<https://www.bhg.com.au/tapioca-pudding>.



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Labels that we place on ourselves and that others put on us, are removable.



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A FAREWELL MESSAGE FROM SUE:

It's a bittersweet moment as I say goodbye to the amazing team at CCK.

It has been an absolute pleasure working here and serving the local community. I will always be grateful to Mark and Jackie for supporting me from the very first day I joined.

I've learned so much from the whole team, and I've had the opportunity to grow both personally and professionally during my time here.

Everything happens for a reason, and I hope to cross paths with you all again.



MOTHER'S DAY WINNER

Congratulations to Erin Drake, our Mother's Day Raffle Winner!

Erin has been a practice member here at CCK since she was little and now continues her chiro care here along with her daughter and partner.

What an honour to care for you over decades Erin, and we hope you enjoy your nourishing prizes:

- Massage with Herb Balance Natural Therapy
- Kinesiology session with Baillie at Bliss Yoga and Kinesiology
- Complimentary adjustments here at CCK

Thank you to all you wonderful Mum's who entered the draw.

